

Easy Italian Pork Cotoletta & Tomato Salad with Dill-Parsley Mayo & Flaked Almonds

Grab your Meal Kit with this symbol

BEST SELLER



Pantry items Olive Oil, Plain Flour, Egg, Balsamic Vinegar

Prep in: 10-20 mins Ready in: 35-45 mins 1 Eat Me Early* *Custom Recipe only

Calorie Smart* *Custom Recipe is not Calorie Smart

In just 4 easy steps, whip up this pork cotoletta just like Nonna would make! These herby schnitzels crisp up to golden perfection in the pan, which only leaves you with the task of putting together a bright salad to enjoy on the side!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Flaked Almonds

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

<u> </u>		
	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
pear	1	2
plain flour*	1 tbs	2 tbs
salt*	1⁄4 tsp	½ tsp
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
pork schnitzels	1 small packet	2 small packets OR 1 large packet
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 medium bag	2 medium bags
flaked almonds	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2657kJ (635Cal)	685kJ (163Cal)
Protein (g)	44g	11.3g
Fat, total (g)	33.6g	8.7g
- saturated (g)	6.3g	1.6g
Carbohydrate (g)	37.2g	9.6g
- sugars (g)	9.9g	2.6g
Sodium (mg)	1308mg	337mg

Custom Recipe

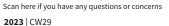
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2789kJ (666Cal)	675kJ (161Cal)
Protein (g)	49.5g	12g
Fat, total (g)	35.4g	8.6g
- saturated (g)	6.8g	1.6g
Carbohydrate (g)	35.3g	8.5g
- sugars (g)	9.7g	2.3g
Sodium (mg)	997mg	241mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





Get prepped

- Slice tomato into wedges. Thinly slice pear.
- In a shallow bowl, combine the plain flour, the salt, garlic & herb seasoning and a pinch of pepper. In a second shallow bowl, whisk the egg.
- In a third shallow bowl, place **panko breadcrumbs** and **shaved Parmesan cheese** (reserve some for garnish!).
- Pull apart **pork schnitzels** so you get 2 per person. Dip **pork** into **flour mixture**, followed by the **egg** and finally in **panko breadcrumbs**. Set aside.

Custom Recipe: If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1cm. Crumb chicken in the same way as the pork schnitzels.



Cook the pork

- In a large frying pan, heat enough **olive oil** to coat the base over high heat.
- Cook pork schnitzel in batches until golden and cooked through,
 1-2 minutes each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the schnitzel does not stick to the pan

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.



Toss the salad

- In a large bowl, combine a drizzle of the **balsamic vinegar** and **olive oil**.
- Top with spinach & rocket mix, tomato and pear. Season and toss to combine.



Serve up

- Divide pear-tomato salad and Italian pork cottoletta between plates.
- Sprinkle over reserved Parmesan cheese. Top with **flaked almonds**.
- Serve with **dill & parsley mayonnaise**. Enjoy!

Rate your recipe

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